



PEANUTS, OIL ROASTED, UNSALTED

Date: April 2009

Code: B501

PRODUCT DESCRIPTION

- Roasted peanuts are made from Runner, Virginia, or Spanish variety of peanuts. They are roasted in oil, and may contain small pieces of chopped roasted peanuts.

PACK/YIELD

- Each package contains 12 ounces of roasted peanuts, which is about 3 cups or 12 servings (1 ounce or about 28 peanuts each).

STORAGE

- Store unopened cans in a cool, dry place.
- Store opened peanuts in an air-tight container not made from metal or tightly closed plastic bag in the refrigerator.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Roasted peanuts are a great snack eaten right out of the package.
- Stir chopped roasted peanuts into cereal, yogurt, or cooked hot cereal like oatmeal or farina. Also try sprinkling peanuts onto cooked vegetables or rice.
- Add roasted peanuts to breads, muffins, and cookies.
- Mix roasted peanuts with pretzels, cereal, and dried fruit for an easy snack mix.

NUTRITION INFORMATION

- 1 ounce (about 28 peanuts) of nuts counts as 2 ounces in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 ounce (14g) peanuts, oil roasted, unsalted

Amount Per Serving

Calories	80	Calories from Fat	60
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% Daily Value*

Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

ASIAN NOODLE BOWL**MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 pound egg noodles, uncooked
- 2 teaspoons vegetable oil
- 2 garlic cloves, chopped
- 1 teaspoon chili powder
- 1 can (about 15 ounces) mixed vegetables, drained
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup barbecue sauce
- 1 tablespoon peanut butter
- $\frac{1}{4}$ cup roasted peanuts, chopped

Directions

1. Cook egg noodles according to package directions. Drain well.
2. Heat a large nonstick skillet over medium heat. Add oil and cook garlic and chili powder until golden, about 1 minute.
3. Add vegetables and water. Cook until vegetables are warmed, about 3 minutes. Add barbecue sauce and peanut butter; stir until sauce is smooth.
4. Toss sauce and vegetables with egg noodles and chopped peanuts.

Tip

Try adding chopped cooked chicken, turkey, or beef to the vegetable mixture. Use green beans, frozen broccoli, or fresh chopped squash and/or carrots.

Nutritional Information for 1 serving (about 2 cups) of Asian Noodle Bowl					
Calories	390	Cholesterol	0 mg	Sugar	4 g
Calories from Fat	60	Sodium	210 mg	Protein	14 g
Total Fat	7 g	Total Carbohydrate	67 g	Vitamin A	419 RAE
Saturated Fat	1 g	Dietary Fiber	6 g	Vitamin C	5 mg
				Calcium	47 mg
				Iron	4 mg

Recipe adapted from Recipezaar.com.

PEANUT SNACK MIX**MAKES ABOUT 10 SERVINGS****Ingredients**

- 1 cup roasted peanuts
- $\frac{1}{2}$ cup chocolate chips
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup dried cranberries (if you like)
- 1 cup bite-sized pretzels

Directions

1. Combine all ingredients together in a large bowl and mix well. If using dried cranberries, add that too.
2. Store in an airtight container.

Nutritional Information for 1 serving (about $\frac{1}{2}$ cup) of Peanut Snack Mix					
Calories	180	Cholesterol	0 mg	Sugar	15 g
Calories from Fat	80	Sodium	60 mg	Protein	5 g
Total Fat	9 g	Total Carbohydrate	24 g	Vitamin A	0 RAE
Saturated Fat	2.5 g	Dietary Fiber	2 g	Vitamin C	0 mg
				Calcium	20 mg
				Iron	1 mg

Recipe adapted from Recipezaar.com.